

What is claimed is:

1. A restraint device for controlling the head and neck of a wearer during a collision of a vehicle, comprising:

a back member positionable along the back of the wearer;

a first strap extending from the back member to an article wearable on the wearer's head; and

a second strap extending from the back member capable of encircling the wearer's torso.

2. The restraint device according to claim 1 wherein the article is a helmet.

3. The restraint device according to claim 2 wherein the article is a skull cap.